



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MINDFULNESS BASED STRESS REDUCTION WORKSHOP

**8-WEEK TRAINING IN AWARENESS TOOLS, MEDITATION,
YOGA**

**FRIDAYS 12:00-1:15 PM — JANUARY 12TH-MARCH 2ND
YMCA COMMUNITY ROOM \$120 MEMBERS/\$200 NON-MEMBERS
TAUGHT BY CAITLIN RENZ**

Class Information:

- Mindfulness meditation: eating, sitting, walking
- Mindful yoga and light stretching
- Mindful communication
- Home practice and assignments



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